

Manor Primary School

PE Year 2: Gymnastics

Overview of the Learning:

In this unit children investigate movement, stillness, and how to find and use space safely. They explore basic gymnastic actions on the floor. They copy or create, remember and repeat, short movement phrases of 'like' linked actions, eg two jumps, or two rolls.

In gymnastics as a whole, children use skills and agilities individually, in combination and in sequence, with the aim of showing as much control and precision as possible.

Core Aims

- develop competence to excel in a broad range of physical activities
- becoming physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.
- reflect on and evaluate evidence when making personal choices or bringing about improvements in performance and behaviour
- generate and implement ideas, plans and strategies, exploring alternatives
- move with ease, poise, stability and control in a range of physical contexts
- find information and check its accuracy, including the different ways that issues are presented by different viewpoints and media
- communicate clearly and interact with a range of audiences to express views on issues that affect their wellbeing.

Pupils should be taught to acquire and develop skills by:

- explore basic skills, actions and ideas with increasing understanding
- remember and repeat simple skills and actions with increasing control and coordination.
- perform dances using simple movement patterns

Pupils should be taught to select and apply skills, tactics and compositional ideas:

- explore how to choose and apply skills and actions in sequence and in combination
- vary the way they perform skills by using simple tactics and movement phrases
- apply rules and conventions for different activities.

Evaluating and improving performance.

Pupils should be taught to:

- Describe what they have done.
- observe, describe and copy what others have done
- use what they have learnt to improve the quality and control of their work.
- Knowledge and understanding of fitness and health.

Knowledge and understanding of fitness and health.

Pupils should be taught to:

- how important it is to be active
- to recognise and describe how their bodies feel during different activities.

Manor Primary School



Expectations

Children can:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
- participate in team games, developing simple tactics for attacking and defending.
- develop fundamental movement skills,
- become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- be physically active for sustained periods of time
- have the strength, stamina and suppleness to use a range of fundamental movement skills across a broad range of activities
- develop simple tactics for attacking and defending
- create simple movement patterns
- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination
- recognise their own success
- perform dances using simple movement patterns

The activities and experiences in the PE programmes of study should aim to ensure ALL pupils lead healthy and active lives.

Manor Primary School



Manor Primary School

PE Year 2: Dance – moods and feelings

Overview of the Learning:

In this unit children will Use a range of basic dance actions with understanding. Work alone with guidance from the teacher to create movement ideas. Use different levels, directions and speeds and choose appropriate actions for the dance idea Understand and use contrasts in weight (dynamic elements). Talk about the dance and why they liked it, using appropriate vocabulary Skills will be acquired and developed each week through a different dance, which will build on previous learning.

Core Aims

- develop competence to excel in a broad range of physical activities
- becoming physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.
- reflect on and evaluate evidence when making personal choices or bringing about improvements in performance and behaviour
- generate and implement ideas, plans and strategies, exploring alternatives
- move with ease, poise, stability and control in a range of physical contexts
- find information and check its accuracy, including the different ways that issues are presented by different viewpoints and media
- communicate clearly and interact with a range of audiences to express views on issues that affect their wellbeing.

Pupils should be taught to acquire and develop skills by:

- explore basic skills, actions and ideas with increasing understanding
- remember and repeat simple skills and actions with increasing control and coordination.
- perform dances using simple movement patterns

Pupils should be taught to select and apply skills, tactics and compositional ideas:

- explore how to choose and apply skills and actions in sequence and in combination
- vary the way they perform skills by using simple tactics and movement phrases
- apply rules and conventions for different activities.

Evaluating and improving performance.

Pupils should be taught to:

- Describe what they have done.
- observe, describe and copy what others have done
- use what they have learnt to improve the quality and control of their work.
- Knowledge and understanding of fitness and health.

Knowledge and understanding of fitness and health.

Pupils should be taught to:

- how important it is to be active

Manor Primary School



- to recognise and describe how their bodies feel during different activities.

Expectations

Children can:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
- participate in team games, developing simple tactics for attacking and defending.
- develop fundamental movement skills,
- become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- be physically active for sustained periods of time
- have the strength, stamina and suppleness to use a range of fundamental movement skills across a broad range of activities
- develop simple tactics for attacking and defending
- create simple movement patterns
- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination
- recognise their own success
- perform dances using simple movement patterns

The activities and experiences in the PE programmes of study should aim to ensure ALL pupils lead healthy and active lives.

Manor Primary School



Manor Primary School

PE Year 2: Active play – problem solving/outdoor adventures

Overview of the Learning:

In this unit children will be introduced to a multi-skills approach to learning through activities that are fundamentals of movement. This approach focuses on the development of movement, balance and co-ordination which link to the long term athlete development framework. The approach also helps children develop the five multi-abilities of creative, cognitive, social, physical and personal development. Developing competence in fundamental movement skills leads to competence in more complex sports skills. E.g) an overarm throw involves co-ordinating body parts which when mastered aids the development of throwing in cricket and rounders, the javelin throw, tennis serve and the netball shoulder pass. In this unit the children will develop their problem solving techniques and will use the multi skills to create their own challenges to solve.

Core Aims

- develop competence to excel in a broad range of physical activities
- becoming physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.
- reflect on and evaluate evidence when making personal choices or bringing about improvements in performance and behaviour
- generate and implement ideas, plans and strategies, exploring alternatives
- move with ease, poise, stability and control in a range of physical contexts
- find information and check its accuracy, including the different ways that issues are presented by different viewpoints and media
- communicate clearly and interact with a range of audiences to express views on issues that affect their wellbeing.

Pupils should be taught to acquire and develop skills by:

- explore basic skills, actions and ideas with increasing understanding
- remember and repeat simple skills and actions with increasing control and coordination.

Pupils should be taught to select and apply skills, tactics and compositional ideas:

- explore how to choose and apply skills and actions in sequence and in combination
- vary the way they perform skills by using simple tactics and movement phrases
- apply rules and conventions for different activities.

Evaluating and improving performance.

Pupils should be taught to:

- Describe what they have done.
- observe, describe and copy what others have done
- use what they have learnt to improve the quality and control of their work.
- Knowledge and understanding of fitness and health.

Knowledge and understanding of fitness and health.

Pupils should be taught to:

- how important it is to be active
- to recognise and describe how their bodies feel during different activities.

Manor Primary School



Expectations

Children can:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
- participate in team games, developing simple tactics for attacking and defending.
- develop fundamental movement skills,
- become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- be physically active for sustained periods of time
- have the strength, stamina and suppleness to use a range of fundamental movement skills across a broad range of activities
- develop simple tactics for attacking and defending
- create simple movement patterns
- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination
- recognise their own success

The activities and experiences in the PE programmes of study should aim to ensure ALL pupils lead healthy and active lives.

Manor Primary School



Manor Primary School

PE Year 2: Active play - Scatterball

Overview of the Learning:

In this unit children will be introduced to a multi-skills approach to learning through activities that are fundamentals of movement. This approach focuses on the development of movement, balance and co-ordination which link to the long term athlete development framework. The approach also helps children develop the five multi-abilities of creative, cognitive, social, physical and personal development. Developing competence in fundamental movement skills leads to competence in more complex sports skills. E.g) an overarm throw involves co-ordinating body parts which when mastered aids the development of throwing in cricket and rounders, the javelin throw, tennis serve and the netball shoulder pass. In this unit the children will develop their problem solving techniques and will use the multi skills to create their own challenges to solve. This unit has a focus on the game scatterball. For all areas of scatterball see: <http://www.sportplan.net/drills/Rounders/Ground-Fielding/team-scatterball-rounders+9.jsp#.VMn8istF3IU>

Core Aims

- develop competence to excel in a broad range of physical activities
- becoming physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.
- reflect on and evaluate evidence when making personal choices or bringing about improvements in performance and behaviour
- generate and implement ideas, plans and strategies, exploring alternatives
- move with ease, poise, stability and control in a range of physical contexts
- find information and check its accuracy, including the different ways that issues are presented by different viewpoints and media
- communicate clearly and interact with a range of audiences to express views on issues that affect their wellbeing.

Pupils should be taught to acquire and develop skills by:

- explore basic skills, actions and ideas with increasing understanding
- remember and repeat simple skills and actions with increasing control and coordination.

Pupils should be taught to select and apply skills, tactics and compositional ideas:

- explore how to choose and apply skills and actions in sequence and in combination
- vary the way they perform skills by using simple tactics and movement phrases
- apply rules and conventions for different activities.

Evaluating and improving performance.

Pupils should be taught to:

- Describe what they have done.
- observe, describe and copy what others have done
- use what they have learnt to improve the quality and control of their work.
- Knowledge and understanding of fitness and health.

Knowledge and understanding of fitness and health.

Pupils should be taught to:

- how important it is to be active
- to recognise and describe how their bodies feel during different activities.

Manor Primary School



Expectations

Children can:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
- participate in team games, developing simple tactics for attacking and defending.
- develop fundamental movement skills,
- become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- be physically active for sustained periods of time
- have the strength, stamina and suppleness to use a range of fundamental movement skills across a broad range of activities
- develop simple tactics for attacking and defending
- create simple movement patterns
- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination
- recognise their own success

The activities and experiences in the PE programmes of study should aim to ensure ALL pupils lead healthy and active lives.

Manor Primary School



Manor Primary School

PE Year 2: Athletics

Overview of the Learning:

In this unit children will learn key skills in sports day team and individual events. They will explore running, jumping and throwing activities, and take part in simple challenges and competitions, (including sports day). They experiment with different ways of travelling, throwing and jumping, increasing their awareness of speed and distance. As in all athletic activities, children think about how to achieve the greatest possible speed, height, distance or accuracy.

Core Aims

- develop competence to excel in a broad range of physical activities
- becoming physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.
- reflect on and evaluate evidence when making personal choices or bringing about improvements in performance and behaviour
- generate and implement ideas, plans and strategies, exploring alternatives
- move with ease, poise, stability and control in a range of physical contexts
- find information and check its accuracy, including the different ways that issues are presented by different viewpoints and media
- communicate clearly and interact with a range of audiences to express views on issues that affect their wellbeing.

Pupils should be taught to acquire and develop skills by:

- explore basic skills, actions and ideas with increasing understanding
- remember and repeat simple skills and actions with increasing control and coordination.

Pupils should be taught to select and apply skills, tactics and compositional ideas:

- explore how to choose and apply skills and actions in sequence and in combination
- vary the way they perform skills by using simple tactics and movement phrases
- apply rules and conventions for different activities.

Evaluating and improving performance.

Pupils should be taught to:

- Describe what they have done.
- observe, describe and copy what others have done
- use what they have learnt to improve the quality and control of their work.
- Knowledge and understanding of fitness and health.

Knowledge and understanding of fitness and health.

Pupils should be taught to:

- how important it is to be active
- to recognise and describe how their bodies feel during different activities.

Manor Primary School



Expectations

Children can:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
- participate in team games, developing simple tactics for attacking and defending.
- develop fundamental movement skills,
- become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- be physically active for sustained periods of time
- have the strength, stamina and suppleness to use a range of fundamental movement skills across a broad range of activities
- develop simple tactics for attacking and defending
- create simple movement patterns
- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination
- recognise their own success

The activities and experiences in the PE programmes of study should aim to ensure ALL pupils lead healthy and active lives.

Manor Primary School



Manor Primary School

PE Year 2 – mini soccer/mini benchball

Overview of the Learning:

In this unit children will improve and apply their basic skills in invasion games. They play games that demand simple choices and decisions on how to use space to avoid opponents, keep the ball and score points. In all games activities, children think about how to use skills, strategies and tactics to outwit the opposition.

Core Aims

- develop competence to excel in a broad range of physical activities
- becoming physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.
- reflect on and evaluate evidence when making personal choices or bringing about improvements in performance and behaviour
- generate and implement ideas, plans and strategies, exploring alternatives
- move with ease, poise, stability and control in a range of physical contexts
- find information and check its accuracy, including the different ways that issues are presented by different viewpoints and media
- communicate clearly and interact with a range of audiences to express views on issues that affect their wellbeing.

Pupils should be taught to acquire and develop skills by:

- explore basic skills, actions and ideas with increasing understanding
- remember and repeat simple skills and actions with increasing control and coordination.

Pupils should be taught to select and apply skills, tactics and compositional ideas:

- explore how to choose and apply skills and actions in sequence and in combination
- vary the way they perform skills by using simple tactics and movement phrases
- apply rules and conventions for different activities.

Evaluating and improving performance.

Pupils should be taught to:

- Describe what they have done.
- observe, describe and copy what others have done
- use what they have learnt to improve the quality and control of their work.
- Knowledge and understanding of fitness and health.

Knowledge and understanding of fitness and health.

Pupils should be taught to:

- how important it is to be active
- to recognise and describe how their bodies feel during different activities.
-

Expectations

Manor Primary School



Children can:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
- participate in team games, developing simple tactics for attacking and defending.
- develop fundamental movement skills,
- become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- be physically active for sustained periods of time
- have the strength, stamina and suppleness to use a range of fundamental movement skills across a broad range of activities
- develop simple tactics for attacking and defending
- create simple movement patterns
- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination
- recognise their own success

The activities and experiences in the PE programmes of study should aim to ensure ALL pupils lead healthy and active lives.

Manor Primary School PE Year 2: Multi-skills GAMES

Overview of the Learning:

In this unit children will gain the experience of appropriate FUNDamental movement abilities to help them develop physical competence. They will include simple activities and games which will provide deliverers with a fun and exciting way of presenting this important work for children. This builds on from previous multi-skills ABC unit in year 1. This unit of learning can also be used as challenges for year 2. Developing competence in fundamental movement skills leads to competence in more complex sports skills. E.g) an overarm throw involves co-ordinating body parts which when mastered aids the development of throwing in cricket and rounders, the javelin throw, tennis serve and the netball shoulder pass.

Manor Primary School



Core Aims

- develop competence to excel in a broad range of physical activities
- becoming physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.
- reflect on and evaluate evidence when making personal choices or bringing about improvements in performance and behaviour
- generate and implement ideas, plans and strategies, exploring alternatives
- move with ease, poise, stability and control in a range of physical contexts
- find information and check its accuracy, including the different ways that issues are presented by different viewpoints and media
- communicate clearly and interact with a range of audiences to express views on issues that affect their wellbeing.

Pupils should be taught to acquire and develop skills by:

- explore basic skills, actions and ideas with increasing understanding
- remember and repeat simple skills and actions with increasing control and coordination.

Pupils should be taught to select and apply skills, tactics and compositional ideas:

- explore how to choose and apply skills and actions in sequence and in combination
- vary the way they perform skills by using simple tactics and movement phrases
- apply rules and conventions for different activities.

Evaluating and improving performance.

Pupils should be taught to:

- Describe what they have done.
- observe, describe and copy what others have done
- use what they have learnt to improve the quality and control of their work.
- Knowledge and understanding of fitness and health.

Knowledge and understanding of fitness and health.

Pupils should be taught to:

- how important it is to be active
- to recognise and describe how their bodies feel during different activities.

Expectations

Children can:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
- participate in team games, developing simple tactics for attacking and defending.
- develop fundamental movement skills,

Manor Primary School



- become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- be physically active for sustained periods of time
- have the strength, stamina and suppleness to use a range of fundamental movement skills across a broad range of activities
- develop simple tactics for attacking and defending
- create simple movement patterns
- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination
- recognise their own success

The activities and experiences in the PE programmes of study should aim to ensure ALL pupils lead healthy and active lives.

Manor Primary School



Manor Primary School

PE Year 2: Tennis

Overview of the Learning:

In this unit children will learn about the importance of being active when learning the basic skills in tennis. They will also learn to work as part of a team and to cooperate with others when working in pairs. They will develop skills in working within a given space and how to use a ball and racket correctly. The main teaching points will appear on the interactive DVD for children to refer to in all parts of the lesson. Each lesson includes a warm-up, agility, balance and coordination skills, a main theme and a game. They will also learn why we need to warm up before exercise and cool down afterwards and how to do this safely.

Core Aims

- develop competence to excel in a broad range of physical activities
- becoming physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.
- reflect on and evaluate evidence when making personal choices or bringing about improvements in performance and behaviour
- generate and implement ideas, plans and strategies, exploring alternatives
- move with ease, poise, stability and control in a range of physical contexts
- find information and check its accuracy, including the different ways that issues are presented by different viewpoints and media
- communicate clearly and interact with a range of audiences to express views on issues that affect their wellbeing.

Pupils should be taught to acquire and develop skills by:

- explore basic skills, actions and ideas with increasing understanding
- remember and repeat simple skills and actions with increasing control and coordination.

Pupils should be taught to select and apply skills, tactics and compositional ideas:

- explore how to choose and apply skills and actions in sequence and in combination
- vary the way they perform skills by using simple tactics and movement phrases
- apply rules and conventions for different activities.

Evaluating and improving performance.

Pupils should be taught to:

- Describe what they have done.
- observe, describe and copy what others have done
- use what they have learnt to improve the quality and control of their work.
- Knowledge and understanding of fitness and health.

Knowledge and understanding of fitness and health.

Pupils should be taught to:

- how important it is to be active
- to recognise and describe how their bodies feel during different activities.

Manor Primary School



Expectations

Children can:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
- participate in team games, developing simple tactics for attacking and defending.
- develop fundamental movement skills,
- become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- be physically active for sustained periods of time
- have the strength, stamina and suppleness to use a range of fundamental movement skills across a broad range of activities
- develop simple tactics for attacking and defending
- create simple movement patterns
- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination
- recognise their own success

The activities and experiences in the PE programmes of study should aim to ensure ALL pupils lead healthy and active lives.

Manor Primary School



Manor Primary School

